

**IN THE CLAIMS:**

Please amend the claims as follows:

Claim 1 (Original): A composition for improving peripheral blood flow, comprising, as an active ingredient, an extract of a plant of the genus *Lepidium* of the family *Cruciferae*.

Claim 2 (Original): The peripheral blood flow-improving composition according to claim 1, wherein the plant of the genus *Lepidium* of the family *Cruciferae* is maca (*Lepidium meyenii* Walp).

Claim 3 (Original): The peripheral blood flow-composition according to claim 1, containing a maca extract as an active ingredient.

Claim 4 (Original): The peripheral blood flow-composition according to claim 3, wherein the maca extract is obtained by adding an aqueous ethanol solution to a crushed maca product, and by maintaining the mixture at 40 to 85°C for extraction.

Claim 5 (Currently Amended): A food and beverage product, perfume and cosmetic, or pharmaceutical product containing the peripheral blood flow-composition according to ~~any of claims 1 to 4~~ claim 1.